

FITZONES VIRTUAL & IN-PERSON DROP-IN FITNESS & YOGA PASS

SUMMER 2022 | SESSION C | AUGUST 1 - SEPTEMBER 9 | NO CLASSES ON 9/5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FIT SPORTS: BASKETBALL 12:00-1:00 PM COLLINS COURT, JWC	TAI CHI & QI GONG L1, 11:30 AM-12:30 PM ZOOM (PETER A.)	FIT SPORTS: BASKETBALL 12:00-1:00 PM COLLINS COURT, JWC	TAI CHI & QI GONG L1, 11:30 AM-12:30 PM ZOOM (PETER A.)	ALEXANDER TECHNIQUE STRESS & TENSION RELEASE BREAK L1, 11:30-11:45 AM FB LIVE (KOSTA)
CORE DE FORCE M2, 12:10-12:50 PM ZOOM (COURTNEY)	FIT SPORTS: SOCCER 12:00-1:00 PM IM FIELD	YOGA L1/2, 12:00-1:00 PM ZOOM (STEPHANIE)	FIT SPORTS: SOCCER 12:00-1:00 PM IM FIELD	INTRO TO ALEXANDER TECHNIQUE L1, 12:00-1:00 PM ZOOM (KOSTA)
PHABPHIT M2, 12:10-12:50 PM ZOOM (PAISLEY)	CHAIR YOGA FOR THE OFFICE L1, 12:00-1:00 PM ZOOM (STEPHANIE)	DANCE CARDIO & CONDITIONING M2, 12:10-12:50 PM ZOOM (IKU)	YOGA L1/2, 1:00-2:00 PM ZOOM (STEPHANIE)	FIT SPORTS: BASKETBALL 12:00-1:00 PM COLLINS COURT, JWC
DANCE CARDIO & CONDITIONING M2, 12:15-12:55 PM CHS 8TH FLOOR ROOFTOP PATIO (MANDY)	YOGA M2, 12:15-12:55 PM CHS 8TH FLOOR ROOFTOP PATIO (ARACELI)	RESTORATIVE YOGA L1, 4:30-6:00 PM ZOOM (MONA)	TOTAL BODY WORKOUT M2, 12:15-12:55 PM CHS 8TH FLOOR ROOFTOP PATIO (IKU)	DANCE CARDIO & CONDITIONING M2, 12:10-12:50 PM ZOOM (IKU)
YOGA L1/2, 5:00-6:00 PM ZOOM (STEPHANIE)	GENTLE YOGA & CREATIVE EXPRESSION L1, 4:00-5:30 PM ZOOM (MONA) (NEED PAPER, PEN OR PENCIL, CRAYONS OR PASTELS)		MAT PILATES M2/3, 6:10-6:50 PM IG LIVE (PAM)	DEEP STRETCHING & RELAXATION L1, 4:00-5:00 PM ZOOM AND FB LIVE (ISABELLE)
DANCE CARDIO & CONDITIONING M2, 5:10-5:50 PM OUTDOOR PAULEY EAST PLAZA (MANDY)	MAT PILATES M2/3, 5:10-5:50 PM ZOOM (PETER S.)			
	KICKBOX FITNESS M2/3, 6:00-6:40 PM ZOOM (PETER S.)			

Important Notes

**To receive Zoom Meeting IDs and Passcodes, you must register for a FREE FitZones membership at secure.recreation.ucla.edu under Memberships & Passes*

**Schedule subject to change. Check for live updates using link at bottom of your confirmation receipt throughout the quarter.*

Legend



In-person classes



Virtual classes

Fit Sports:

Fit Sports are co-ed pick-up games available to UCLA staff and faculty for some mid-workday fun.

For any questions about Fit Sports please see contact info below:

For soccer email fitsoccer@lists.ucla.edu

For basketball email suzpark@support.ucla.edu.

Directions to CHS/Semel 8th floor rooftop patio:

The "H" elevators are in the Semel Institute/CHS building on C level closest to Westwood Blvd entrance.

Take "H" elevators to 7th floor and use stairwell to get all the way up to 8th floor (only one of the six "H" elevators goes all the way up to the 8th floor).

Then find door out to the rooftop patio.

REV: 8/22 *Schedule subject to change.



fitwell.recreation.ucla.edu/programs/fitzones

Choose Your Workout

Complexity of Choreography

L Low **M** Medium **H** High

Exercise Intensity

1 Low **2** Medium **3** High

Instagram Live:

[instagram.com/uclarec](https://www.instagram.com/uclarec)

Facebook Live:

[facebook.com/uclarec](https://www.facebook.com/uclarec)

ALEXANDER TECHNIQUE STRESS & TENSION RELEASE BREAK

The Alexander Technique will help you release tension, stress and pain in the body while learning to create optimal posture and movement mechanics. Great for tips and guidance around working from home and at your desk.

CHAIR YOGA FOR THE OFFICE

A gentle yoga flow mostly done while sitting in a chair and utilizing a desk or table. For some movements standing will be optional. Modifications provided for all abilities.

CORE DE FORCE

A mixed-martial arts inspired workout that focuses on core conditioning and dynamic movements. Modifications for every movement are provided making it suitable for various levels of ability and intensity. No equipment needed.

CORE YOGA FLOW

A hatha yoga class that includes segments of flow and segments of longer holds in chosen poses for greater mobility, flexibility, and strength. A challenging yoga flow similar to power yoga that includes a segment dedicated to the core.

DANCE CARDIO PARTY

A fun dance cardio workout incorporating a variety of dance styles, movements and popular music hits. Enjoy getting a cardiovascular endurance workout while having fun dancing it out!

DANCE CARDIO & CONDITIONING

A fun dance cardio workout integrated with conditioning exercises like squats, lunges, push-ups and more. Enjoy easy to follow dance choreography in a variety of styles to a wide range of fun music hits!

DEEP STRETCHING & RELAXATION

Unwind, stretch, breathe, and center yourself in this stress relieving class and learn a variety of mindful meditations (yoga, breathing, body scans, walking in place).

FUNCTIONAL YOGA

This class integrates yoga postures, mobility movements and corrective exercises targeting specific regions of the body to increase mobility and strength while support functional movement patterns in the body. Recommended props - blocks, strap or bath towel and blanket.

GENTLE YOGA FLOW & CREATIVE EXPRESSION

Gentle Yoga & Creative Expression has a foundation in meditative Hatha yoga. Expressive drawing, creative movement, and writing facilitate exploration, discovery, healing, and celebration in the sacred space we create together.

GENTLE YOGA & MOVING MEDITATIONS

A blend of yoga poses and rhythmic movement sequences that are gentle on the body and thoroughly mobilize and energize you for the day.

INTRO TO ALEXANDER TECHNIQUE DROP-IN

Release stress tension and pain in the body while learning optimal posture and movement mechanics. Un-learn bad habits you've formed over time and be empowered with tools and techniques to help you re-establish good habits and restore your body's optimal alignment and movement patterns.

KICKBOX FITNESS

Alternating segments of cardio kickboxing with athletic conditioning skills. Great total body and brain workout!

MAT PILATES

Pilates consists of low-impact flexibility exercises and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance.

PIYO

The perfect combo of Yoga and Pilates based moves, set to upbeat music.

RESTORATIVE YOGA & MEDITATION

Using props to support you with a sense of ease and comfort, restorative yoga facilitates deep relaxation, well-being and resilience. It rebalances our energy and helps to release tension on a physical, mental, and emotional level.

TAI CHI & QI GONG

The ultimate purpose of tai chi is cultivate the "qi" or life energy within us to flow smoothly and powerfully throughout the body. These smooth and flowing movements improve balance, coordination, strength and overall well being.

TOTAL BODY CHALLENGE

A total body strength training/anaerobic class using your own bodyweight and optional weights, tubes, bands, balls, or other common household objects for resistance. Get strong and have fun!

YOGA

A hatha yoga class that includes segments of flow and segments of longer holds in chosen poses for greater mobility, flexibility, and strength.

YOGA FLOW

A hatha yoga class that includes segments of flow and segments of longer holds in chosen poses for greater mobility, flexibility, and strength. A challenging yoga flow similar to power yoga that includes a segment dedicated to the core.

ZUMBA

A dance workout of Latin and World rhythms designed to boost your energy, bring people together and have fun while getting fit.